

Table S1. Adherence to app by Stage of change by Prochaska and Diclemente model

Physical activity stage of change		N	Mean	95% CI	P
Days app used	Precontemplation	57	51.6	42.5 - 60.8	0.087
	Contemplation	28	58.7	46.2 - 71.2	
	Preparation	58	49.9	40.1 - 59.6	
	Action	30	69.3	51.5 - 87.1	
	Maintenance	237	60.4	55.7 - 65.2	
	Total	410	58.2	54.6 - 61.9	
Dietary habits stage of change		N	Mean	95% CI	P
Days app used	Precontemplation	34	43.9	30.4 - 57.4	0.023
	Contemplation	26	44.6	30.4 - 58.8	
	Preparation	59	61.2	50.8 - 71.7	
	Action	18	49.0	26.0 - 72.0	
	Maintenance	275	61.0	56.7 - 65.2	
	Total	412	58.0	54.4 - 61.7	

Table S2. Changes in physical activity at 12 month by Stage of change by Prochaska and Diclemente model

Accelerometry		N	Mean	95% CI	P
Step / day	Precontemplation	43	-110.9	-966.6 744.7	0.226
	Contemplation	21	-1343.7	-2574.7 -112.7	
	Preparation	43	-1708.6	-2811.9 -605.3	
	Action	26	-620.2	-2066.0 825.6	
	Maintenance	198	-1069.0	-1544.0 -593.9	
Counts minute/week	Precontemplation	43	3.3	-10.6 17.2	0.190
	Contemplation	21	-3.7	-18.1 10.6	
	Preparation	43	-17.2	-27.8 -6.6	
	Action	26	-21.6	-41.1 -2.0	
	Maintenance	198	-15.4	-23.7 -7.1	
Sedentary minute /week	Precontemplation	43	130.1	6.9 253.3	0.839
	Contemplation	21	202.9	-23.1 428.9	
	Preparation	43	219.5	48.7 390.2	
	Action	26	92.7	-129.5 315.0	
	Maintenance	198	162.7	94.3 231.1	
Light minute /week	Precontemplation	43	-121.0	-221.1 -20.8	0.952
	Contemplation	21	-131.3	-327.9 65.3	
	Preparation	43	-144.5	-282.6 -6.4	
	Action	26	-86.1	-241.9 69.6	
	Maintenance	198	-99.3	-152.3 -46.2	
Moderate minute /week	Precontemplation	43	-7.4	-53.7 38.9	0.198
	Contemplation	21	-66.6	-138.6 5.4	
	Preparation	43	-69.7	-117.9 -21.5	
	Action	26	6.2	-74.0 86.4	
	Maintenance	198	-61.4	-89.2 -33.6	
Vigorous very v. minute /week	Precontemplation	43	-1.7	-8.4 5.0	0.607
	Contemplation	21	-5.0	-9.7 -0.3	
	Preparation	43	-5.3	-10.9 0.3	
	Action	26	-12.8	-31.9 6.3	
	Maintenance	198	-2.0	-7.2 3.2	
Total MVPA minute /week	Precontemplation	43	-9.2	-53.5 35.1	0.274
	Contemplation	21	-71.9	-145.6 1.8	
	Preparation	43	-75.2	-126.3 -24.0	
	Action	26	-8.5	-91.0 74.0	
	Maintenance	198	-64.1	-92.7 -35.6	
METS/ minute /week	Precontemplation	43	-39.5	-213.9 134.9	0.409
	Contemplation	21	-296.3	-595.4 2.7	
	Preparation	43	-310.1	-520.8 -99.3	
	Action	25	-109.0	-445.2 227.3	
	Maintenance	197	-256.1	-374.5 -137.6	

7 day PAR		N	Mean	95% CI	P	
Total minutes moderate activity	Precontemplation	47	27.4	-23.2	78.0	0.287
	Contemplation	26	16.0	-8.2	40.1	
	Preparation	46	67.4	8.0	126.8	
	Action	26	-45.0	-159.2	69.1	
	Maintenance	202	-13.9	-55.3	27.5	
Total minutes moderate activity in leisure time	Precontemplation	47	22.0	-22.8	66.7	0.112
	Contemplation	26	16.0	-8.2	40.1	
	Preparation	46	94.6	8.5	180.6	
	Action	26	-38.1	-128.4	52.2	
	Maintenance	202	2.0	-31.9	35.9	
Total minutes vigorous/very vigorous activity	Precontemplation	47	-1.9	-5.8	1.9	0.092
	Contemplation	26	5.4	-5.7	16.5	
	Preparation	46	13.7	-6.8	34.2	
	Action	26	-10.4	-32.5	11.7	
	Maintenance	202	-24.9	-41.5	-8.2	
Total minutes vigorous/very vigorous activity in leisure time	Precontemplation	47	0.0	0.0	0.0	0.091
	Contemplation	26	5.4	-5.7	16.5	
	Preparation	46	13.7	-6.8	34.2	
	Action	26	-10.4	-32.5	11.7	
	Maintenance	202	-23.9	-40.3	-7.5	
Total minutes moderate vigorous/very vigorous activity	Precontemplation	47	25.5	-23.5	74.4	0.065
	Contemplation	26	21.3	-4.7	47.4	
	Preparation	46	81.1	20.7	141.5	
	Action	26	-55.4	-171.0	60.1	
	Maintenance	202	-38.7	-83.5	6.1	
Total minutes moderate vigorous/very v. activity in leisure time	Precontemplation	47	22.0	-22.8	66.7	0.011
	Contemplation	26	21.3	-4.7	47.4	
	Preparation	46	108.3	22.0	194.5	
	Action	26	-48.5	-140.7	43.7	
	Maintenance	202	-21.9	-56.5	12.7	
METS minute/week	Precontemplation	47	85.3	-103.1	273.7	0.022
	Contemplation	26	117.7	-25.4	260.8	
	Preparation	46	380.9	106.6	655.1	
	Action	26	-283.2	-757.9	191.5	
	Maintenance	202	-281.3	-504.2	-58.4	
METS minute/week in leisure time	Precontemplation	47	82.7	-96.9	262.3	0.002
	Contemplation	26	117.7	-25.4	260.8	
	Preparation	46	489.6	122.9	856.2	
	Action	26	-255.5	-640.8	129.7	
	Maintenance	202	-209.0	-381.7	-36.4	

Table S3. Changes in Mediterranean diet score at 12 month by Stage of change by Prochaska and Diclemente model

Mediterranean diet		N	Mean	95% CI	P
Mediterranean diet score	Precontemplation	26	0.54	-0.19	1.26
	Contemplation	21	0.38	-0.48	1.24
	Preparation	50	0.66	0.08	1.24
	Action	16	0.06	-0.62	0.75
	Maintenance	236	0.42	0.18	0.65
1.Using olive oil as the principal source of fat for cooking	Precontemplation	26	0.04	-0.04	0.12
	Contemplation	21	0.05	-0.05	0.15
	Preparation	50	0.00	-0.08	0.08
	Action	16	0.13	-0.06	0.31
	Maintenance	236	0.02	-0.01	0.04
2. ≥ 4 T (1 T=13.5 g) of olive oil/d (eg. used in frying, salads, meals eaten away from home)	Precontemplation	26	0.23	0.02	0.44
	Contemplation	21	-0.05	-0.35	0.26
	Preparation	50	-0.10	-0.25	0.05
	Action	16	-0.06	-0.20	0.07
	Maintenance	235	0.06	0.00	0.13
3.2 or more servings of vegetables/d	Precontemplation	26	0.12	-0.09	0.32
	Contemplation	20	0.10	-0.04	0.24
	Preparation	50	0.12	-0.02	0.26
	Action	16	0.06	-0.17	0.30
	Maintenance	235	0.10	0.03	0.18
4.3 or more pieces of fruit/d	Precontemplation	26	0.19	0.03	0.35
	Contemplation	21	0.14	-0.12	0.40
	Preparation	50	0.04	-0.12	0.20
	Action	15	-0.20	-0.63	0.23
	Maintenance	236	0.04	-0.02	0.10
5. 1 serving of red meat or sausages/d	Precontemplation	26	0.00	-0.20	0.20
	Contemplation	21	0.19	0.01	0.37
	Preparation	50	0.04	-0.09	0.17
	Action	16	-0.06	-0.20	0.07
	Maintenance	234	0.03	-0.02	0.08
6. 1 serving of animal fat/d	Precontemplation	26	0.08	-0.08	0.24
	Contemplation	21	-0.10	-0.29	0.10
	Preparation	50	0.02	-0.07	0.11
	Action	16	0.13	-0.06	0.31
	Maintenance	236	0.03	-0.01	0.06
7. 1 cup (1 cup=100 mL) of sugar-sweetened beverages/d	Precontemplation	26	0.00	-0.11	0.11
	Contemplation	21	0.10	-0.19	0.38
	Preparation	50	-0.02	-0.11	0.07
	Action	16	0.19	-0.03	0.40
	Maintenance	235	0.03	-0.01	0.07
8. ≥ 7 servings of red wine/week	Precontemplation	26	-0.04	-0.12	0.04
	Contemplation	21	0.00	-0.14	0.14
	Preparation	50	0.02	-0.05	0.09

	Action	16	0.00	-0.19	0.19	
	Maintenance	235	-0.02	-0.06	0.02	
9. ≥3 servings of legumes/week	Precontemplation	25	-0.08	-0.28	0.12	0.630
	Contemplation	21	0.05	-0.05	0.15	
	Preparation	50	0.04	-0.07	0.15	
	Action	16	0.00	-0.19	0.19	
	Maintenance	236	-0.04	-0.09	0.02	
10. ≥3 servings of fish/week	Precontemplation	26	-0.04	-0.18	0.10	0.443
	Contemplation	21	0.10	-0.19	0.38	
	Preparation	50	0.14	0.00	0.28	
	Action	16	-0.06	-0.42	0.30	
	Maintenance	236	0.02	-0.04	0.09	
11. <2 commercial pastries/week	Precontemplation	26	0.04	-0.10	0.18	0.112
	Contemplation	21	-0.10	-0.34	0.15	
	Preparation	50	0.08	-0.05	0.21	
	Action	16	-0.19	-0.54	0.16	
	Maintenance	236	0.10	0.03	0.16	
12. ≥3 servings of nuts/week	Precontemplation	25	-0.08	-0.28	0.12	0.926
	Contemplation	21	0.05	-0.22	0.32	
	Preparation	50	0.00	-0.15	0.15	
	Action	16	0.00	-0.28	0.28	
	Maintenance	235	-0.03	-0.09	0.04	
13. Preferring white meat over red meat?	Precontemplation	26	0.04	-0.20	0.28	0.466
	Contemplation	21	0.00	-0.20	0.20	
	Preparation	50	0.18	0.02	0.34	
	Action	16	0.00	-0.19	0.19	
	Maintenance	236	0.07	0.02	0.13	
14. ≥2 servings/week of a dish with a traditional sauce of tomatoes, garlic, onion, or leeks sautéed in olive oil	Precontemplation	26	0.08	-0.08	0.24	0.395
	Contemplation	21	-0.14	-0.44	0.16	
	Preparation	50	0.10	-0.06	0.26	
	Action	16	0.13	-0.06	0.31	
	Maintenance	236	0.01	-0.05	0.08	